



Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

Al Varraso, Chairperson
Wayne Gilbert, Vice Chairperson
Ann Moore, Secretary
Robert Caruso, Treasurer

Sharmila Biswas, Director
Mary Howland, Interim Outreach Coord.
Sandra Young, Coordinator/Volunteers
Therese Jarrett, Reception Coordinator
William Murphy, Custodian
Frank Defrancesco, Van Driver

PHONE: 781 848-1963

FAX: 781 848-2835

WEB: www.townofbraintreegov.org

YOUR PARENTS & YOU.....

"Community Resources on Health & Well Being"

Thursday, September 17, 2015 - 5:00 p.m. to 7 p.m.

Braintree Dept. of Elder Affairs, Alliance Health Management, Grove Manor Estates and Home Instead Senior Care will present ***"Your Parents & You.....Community Resources on Health & Well Being."*** This event will be held at the Braintree Senior Center, 71 Cleveland Ave./Braintree on **Sept. 17th from 5-7 p.m.**

The program will feature special guest speaker Dr. Robert Schreiber, Health Care Vendors and light supper. Dr. Schreiber, Gerontologist, is the Clinical Instructor of Medicine at Harvard Medical School, Medical Director of Hebrew Senior Life, Evidence-based Programs and Healthy Living Center of Excellence. Please plan to stay to hear his informative talk on **"Community based organizations and resources helping your parents age well"** starting at **6 p.m.**

Must register by calling the Senior Center by Sept. 10th: 781-848-1963

5-7 p.m. Informational Vendors Showcase

6 p.m. Guest Speaker Dr. Robert Schreiber



Senior Trip - Venus DiMilo

A Sensational Musical Tribute to "Sinatra & Streisand"

Thursday, November 12, 2015 - \$85.00/ticket

Come enjoy one of the greatest realistic tribute show: ***"Barbra & Frank in Concert"***. Never before have we seen a show so realistic.....just close your eyes and you will believe they are performing. Two great artists paying tribute to their characters Barbara & Frank. The mannerisms, the voices, the look... it's all there for you to enjoy! This will be a wonderful professional event **not** to be missed. Lunch will be served prior to the show.

Tickets on sale: September 1st - Braintree residents only (tickets 10 a.m. to 1 p.m. & out of town wait list)

Luncheon choices: Stuffed Breast of Chicken or Baked Schrod

**U.S. Disabilities Act of 1990 - Town of Braintree - A handicapped-accessible coach bus may be made available upon receipt of notice provided to the Senior Center at least one month (30) days prior to the date set for the trip—call 781-848-1963 for info.*

BLOOD PRESSURE CLINICS (free)



Sept. 8, (Tues.) at Senior Center 10-11 a.m.

Sept. 25, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time is from: **9:30 to 10:00 a.m.**

Return time is from: **11:30 to 12:00 p.m.**

Sept. 1 & 3, Roche Bros/Quincy Ave.

Sept. 8 & 10, Shaws/Pearl Street

Sept. 15 & 17, Stop & Shop/Grove Street

Sept. 22 & 24, Roche Bros/Quincy Ave.

Sept. 29 & 10/1, Shaws/Pearl Street

**** Van Trip 9/11/15—Ocean State Job Lot/Quincy**

BRAINTREE MEETINGS



Sept. 1, Vision Group Meeting - 10 a.m.
Meeting at Senior Center & open to all with low vision.
Please call for more information: 781-848-1963

Sept. 15, AARP Chapter #4042 Meeting - 1:30 p.m.
Braintree DAV Hall - 788 Liberty St./Braintree

Sept. 18, Braintree Elder Affairs Board Meeting - 2 p.m.
Meeting at Senior Center and open to public.

Sept. 24, COA Associates Meeting - 2 p.m.
Meeting at Senior Center and open to public.

Sept. 29, Braintree Alzheimer's Support Meeting - 5 pm
Please see article on speaker and call to sign up.

*****SAVE THE DATE.....WEDNESDAY, OCTOBER 14, 2015**

BRAINTREE/WEYMOUTH

ANNUAL SENIOR POND MEADOW WALK

(Please see October Newsletter for sign up requirements)

Braintree **Dept. of Elder Affairs** **Asian Outreach Programs**

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AUGUST MOON FESTIVAL **2015**

月



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Members of the Braintree Asian Outreach Program will be celebrating **August Moon Festival** during their weekly meeting on Wednesday, September 23, 2015.

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August Moon Festival celebrates love and reunion with our loved ones.

EastWest Bank presents....

"Fraud Prevention & Financial Elder Abuse"

On Wednesday, September 16, 2015 during the Asian Outreach weekly meeting.

Mr. Qi Wu, Quincy branch manager of East-West Bank will conduct A Financial Literacy Workshop for the Asian Outreach Group.

This workshop will be in **Chinese**.

華美銀行

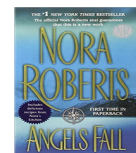
Braintree Dept. of Elder Affairs **Book Club Group** **Thursday, September 17, 2015** **10:30 a.m.**

If you enjoy reading, this is the group for you! We read one book a month, which is supplied by the Library (so there is no monthly cost). Come enjoy very interesting books & lively conversations.

Book:

"Angels Fall"

By: Nora Roberts



The sole survivor of a brutal crime, Reece Gilmore has been fighting the nightmares and panic attacks that haunt her. She doesn't intend to stay in the sleepy town of Angel's Fall despite its friendly inhabitants, and the irresistible attraction of local writer Brody. However, on a hike into the mountains she witnesses a couple having a vicious argument that culminates in murder. By the time Reece finds Brody and brings him to the scene, both killer and victim are gone.

Braintree

Department of Elder Affairs

"Special Activities"

(Please call 781-848-1963 for more information)

See our newsletter calendar for listing of all activities!

Sept. 1, "Low" Vision Group Meeting at 10 a.m.
Support for seniors with low vision problems.

Sept 1, SHINE Insurance help at 10 a.m.
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!

Sept. 1 & 15, Supper Club at: British Beer/Pembroke
Supper Club at: Squires/Hanover
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.

Sept. 2, & 16, Bingo at Senior Center at 1 p.m.
\$4.00 covers all games. Refreshments served!

Sept. 11, Moose Club Senior Luncheon at noon
You must be registered for this event (It is full)
This event is filled at this time— call for wait list!

Sept. 14, Belles & Beaux Musical Hour at 1 p.m.
Musical Group and cake/ice cream served.

Sept. 17, Senior "Health Fair" at Center - 5-7 p.m.
See newsletter for information on speaker & light supper served. Please call for reservations.

Sept. 22, Special Presentation "Julia Child" - 2 pm
Senior Center & Library special presentation
"Julia Child". See article & sign up!

Sept. 24 Braintree Senior Monthly Luncheon
Lunch at noon & music. Purchase \$7.00/ticket.

Sept. 29, Braintree Senior Trip - Plainville Casino
For ticket holders only. Check ticket for all info.

Sept. 29, Alzheimer's Support Meeting at 5 p.m.
See article and please call to sign up.

Braintree

Department of Elder Affairs

Senior Luncheon

Thurs., September 24, 2015

@ 12 noon

\$7.00/ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal & some social time with friends. We will have special musical entertainment following this luncheon.



Lunch Menu: Salad & Garlic Bread
Spaghetti with Meatballs
& dessert

BRAINTREE SENIOR CENTER

MOVIE DAY (.50 donation)

Wednesday, September 30, 2015

Movie starts promptly at 12 noon

Come early and bring a bag lunch, enjoy coffee/pastry and popcorn during the movie. Please note the movie begins at 12 noon, so come early.



MOVIE:

"Women in Gold"

Plot: Jewish refugee Maria Altmann is forced to flee Vienna during World War II. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous Lady in Gold, a portrait of her beloved Aunt Adele. Partnering with an inexperienced but determined young lawyer, Maria embarks on an epic journey for justice 60 years in the making. Based on a true story.

From the Director.....Greetings Everyone,

It is middle of August, but alas, I am sitting here and contemplating about our September newsletter. Oh Summer! Can we not hold on to you for just a little longer? But then again Mother Nature will take her own course and we are New Englanders, we love the change of seasons, right?

At Elder Affairs we had a very, very busy summer. Just yesterday, we had some magical musical moments completed with deli hot dogs and delicious pasta salad. We are having another **“End of the Summer Party”**. The sign up for our programs get filled in a day or two, so just to keep everyone involved and happy, we booked two programs and an individual could sign up only for one. It takes a lot of work and planning, but finally it is for you, we want you to enjoy and take advantage of all we have to offer.

We are already jam packed with programs for the coming months. Please save the dates. Our **Annual Walk at Pond Meadow** will be held on **October 14th, 2015**; on **September 17th**, we are holding a **Community Resources Fair**, this will be held in the evening to make it convenient for people who work during the day and can still join us. On **September 22nd**, we are excited to cohost a theatrical production with Thayer Public Library **“Julia Child.”** And the list goes on. Please check them out.

Last but not least, plans are under way to have an addition to the backside of our building. I cannot pinpoint the exact date of groundbreaking, but it will happen. Yes, we are all excited. Unfortunately, with construction come the dust and some inconveniences associated with it. Please bear with us for the time being and together we can all wait for the grand finale. Keep reading our newsletter and please keep coming, our doors are always open for you.

Sharmila



**Braintree Department of Elder Affairs
& Thayer Public Library
Presents.....“Meet Julia Child”
September 22, 2015 at 2 p.m.**

The Delvena Theatre Company will be presenting, **“Meet Julia Child”** at the Department of Elder Affairs, 71 Cleveland Avenue, Braintree, on Tuesday, September 22, at 2:00 PM.

Meet Julia Child is a live performance featuring “Julia Child” doing what she did best. The audience will learn about her life and have the opportunity to view “Julia” on the set of *The French Chef*, an amusing and fun experience. After the performance, the cast will open up for discussion regarding Julia Child.

This original “edutainment” production will feature Lynne Moulton and Fran Baron.

The Delvena Theatre Company has been doing to-go shows for the last several years at various venues throughout the New England area. The Company was founded in 1992, and prior to “going on the road” performed at different locations throughout Massachusetts, most often at the Boston Center for the Arts. Delvena was nominated for five Independent Reviewers of New England awards. Its production of ‘Who’s Afraid of Virginia Woolf?’ was on Theatre Mirror’s Best List for acting, directing and production. Presentations of ‘Anna Weiss’ and ‘Beyond Therapy’ were included on Theatre Mirror’s best play list and ‘Blue Heart’ was placed on Aisle Say’s best list.

Please call Senior Center to sign up: 781-848-7639 (space limited-Braintree residents only please)

From the desk of Al Varraso, Chairperson,

Summer is almost over and I hope you took time to relax and take in all that Mother Nature has to offer. Some days were very hot, but we were still here to enjoy them and that is a big plus.

As we go into autumn and the leaves turn our world into a scenic wonder, we continue to enjoy the beauty of nature.

Looking forward to our September board meeting, I feel fortunate to have a great board and I am sure we will continue to have a vibrant Senior Center for all to enjoy. Remember, it is an open meeting for anyone to attend and discuss any concerns you may have.

School's Open – Drive Carefully:

Ten tips on back-to-school safety, as noted in the AAA newsletter: Slow Down; Obey traffic signs; Stay alert; Scan between parked cars; Look for clues of children nearby; Always stop for school buses; Allow extra travel time; Review your travel route; Use extra caution in bad weather and use headlights.



Time to Smile:

A young man was taking a grandfather clock to the shop for repairs. On a crowded street, he bumped into an older man and knocked several bundles from his arms. "Darn hipsters!" the older man yelled. "Why can't you be like other people and wear a watch!"

Just a reminder.....

The **Department of Veterans Services** in Braintree is located here at the Senior Center, 71 Cleveland Ave.

I am available to answer any questions about benefits to Veterans of any age or era.

Many benefits are also available to the spouses of deceased Veterans.

I can also assist in obtaining military records of any Veteran.

Please call with any questions you may have or to set up an appointment to visit with me.

Richard Walsh, Director, Veterans Services
781-794-8217

BELD BREAKFAST

Braintree Senior Center

Tuesday, October 6, 2015 (free event)

BELD will host their annual Senior Breakfast at the Braintree Senior Center on **October 6th**.

The tasty breakfast will be prepared and served by the Braintree Rotary Club, then a **BELD Representative** will give an overview of what's new at the Braintree Electric Light Department

Two seating's will be available at **8 or 9:30 a.m.**

Please call the Senior Center after Sept. 1st to sign up for this event: **781-848-1963**

Braintree residents only please (space limited)

***Braintree Senior Center
Resale Shop Items Needed...***

Our resale shop is looking for some "new" items. The resale shop generates funds for all our wonderful activities here at the Braintree Senior Center.


Thank you to **Linda Porter** who keeps our Resale Shop so neat, clean and well organized!

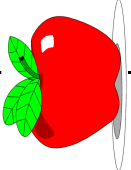
Items needed (gently used & please clean):

- | | |
|---------------------|------------------------|
| • Jewelry (all) | Pictures/Frames |
| • Glassware | Current magazines |
| • Pocketbooks | Knick-Knacks |
| • Baskets | Wallets/men & women |
| • Kitchen items | Scarfs (winter & silk) |
| • Books (paperback) | Seasonal holiday items |



Thank you for your donations!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>Do not call before the first of the month to sign up for any special activities.</p> <p>*Please note there are \$\$ charges for all our exercise programs and some special activities - call for information regarding these charges.</p> <p>*All other activities are \$.50/donation to help Senior Center expenses.</p>	<p>1</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 10:00 Walking Group 9:30 Bocci Group 9:30 Computer 101A 10:00 Vision Group Meets 10:00 SHINE Insurance help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise 3:00 Supper Club: British Beer/Pembroke</p>	<p>2</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>3</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>5</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>7</p> <p>HOLIDAY</p> <p>“LABOR DAY”</p>  <p>SENIOR CENTER</p> <p>CLOSED</p>	<p>8</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 10:00 Walking Group 9:30 Bocci Group 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 SHINE Insurance help 10:00 Wii Bowling Group 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise</p>	<p>9</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker</p> <p>**Please note TRIAD Meeting moved to next month!</p>	<p>10</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>11</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Ocean State Lot/Quincy 10:00 Weight Loss Group 12:00 Pool Players 12:00 Special “Senior Lunch” at Moose Club (registration last month this event is now full!) 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>14</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee 1:00 Belles & Beaux Musical Group (“Thank you” Royal Rehab. for the cake) 1:30 Mahjong (new)</p>	<p>***AARP Meeting 15</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 10:00 Walking Group 9:30 Bocci Group 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise</p>	<p>16</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 Speaker: EastWest Bank 華美銀行 12:00 Pool Players 12:00 Poker 1:00 Hearing Exams (free by appointment) 1:00 BINGO</p>	<p>17</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:30 Book Club Meeting 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p> <p>5:00 Special evening “Senior Health Fair” (see newsletter article)</p>	<p>18</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women's Poker 1:30 Zumba Exercise 1:00 Board Meeting (open to public)</p>

	3:00 Supper Club: Squires/Hanover		& call to sign up for Speaker & light supper) 5-7 p.m.	
21 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 1:30 Mahjong	22 Shopping Shuttle/Roche 9:00 S&S Bus (housing) 10:00 Walking Group 9:30 Bocci Group 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 11:00 Red Hat Meeting 12:30 Bridge 1:00 Ask the Lawyer (free) by appointment 1:00 Cribbage 2:00 Special Event with Library: "Julia Child" (see article & call to sign up)	23 9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 "August Moon Festival" 秋月慶典 12:00 Pool Players 12:00 Poker	24 Shopping Shuttle/Roche 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:00 Senior Luncheon (please pick up ticket) 1:00 Art Group 1:00 Knit/Crochet 2:00 COA Associates Meeting	25 9:15 Exercise Class 10:00 Weight Loss Group 10:30 Blood Pressure (free) at Senior Center 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise
28 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee 1:30 Mahjong	*Casino Trip today 29 Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 10:00 Walking Group 9:30 Bocci Group 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise 5:00 Alzheimer's Meeting See article & call to sin up	30 9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 12:00 Movie Day: "Women in Gold"	SEPTEMBER 2015 	

S D A R O F R E S E R V E D

From the Outreach Dept.....

I hope you all have enjoyed the beautiful summer weather! Before you know it we will be into the cool, crisp air of the autumn season. Be sure to finish up any outside projects soon. You may want to think about contracting with someone now for raking leaves in the fall and shoveling/plowing snow in the winter if you are unable to do so yourself. We all know how fast time flies! Also, it is a good idea to make sure your heating system is working properly. You may want to contact your heating company to come out and do a check-up on your furnace.

Friendly Visitor:

Our Friendly Visitor program is partially funded by a Title IIIB grant through South Shore Elder Services, Inc. and Executive Office of Elder Affairs. The purpose of this program is to alleviate isolation and loneliness with visits. Our Friendly Visitor spends time with her clients on a purely social basis. Braintree residents who are 60 years and older, who live alone, and who are lonely, homebound, or isolated are eligible to participate in this program. Once a senior accepts the service, they will receive home visits and follow up telephone calls. We are currently looking to enroll more seniors for this program.

Farmer's Market Coupons

As this article is going to press, we still have a limited supply of Farmer's Market Coupons to distribute to eligible Braintree Seniors. The income guidelines are as follows:

Household Size:	Monthly Income	Annual Income
1	\$1,815	\$21,775
2	\$2,456	\$29,471
3	\$3,098	\$37,167

Please call the Outreach Office at **(781) 848-1963** if you are interested in the Friendly Visitor Program or to inquire if there are any Farmer's Market Coupons still available.

Braintree Dept. of Elder Affairs Alzheimer's Support Group Tuesday, September 29, 2015 at 5 PM

Alzheimer's Support Group Presents.... "Alive Inside" A story of music and memory

A joyous cinematic exploration of music's capacity to reawaken our souls and deepest part of our humanity. The movie showcases powerful examples of music at work in combatting the ravages of dementia and Alzheimer's.

A light supper will be served, courtesy of Grove Manor Estates and Elder Affairs.

**Please call to sign up:
781-848-1963**



For your information.....

We have seniors call periodically looking for local handymen/professionals. To be placed on our **"reference list"** you must complete a form and be **CORI** certified. This list is for **paid services** and you must supply references as requested by seniors.

- **General home repairs & construction**
- **Plumbing**
- **Electrical**
- **Roofing & repairs**
- **Gutters cleaned**
- **Landscaping, lawn work & raking**
- **Plowing, shoveling & roof raking**
- **House cleaning & shopping**
- **Errands (local)**
- **Home Health Care providers**

Please call 781-848-1963 for information.

Educational Town Information

From the Health Department.....

Flu Season



The annual barrage of ads for “*get your flu shot*” commences typically in September with TV, radio and print announcements. The advice is sound, a flu shot is the simplest method of decreasing your chances of getting flu this season. Insurance covers flu shots regardless of age, so cost is not a factor. The earlier in the season you are immunized the better, as it gives the immune system a chance to mount antibodies against whatever virus is circulating. It takes approximately two weeks after immunization for the vaccine to be effective. If (as this past flu season) the vaccine does not cover the predominant circulating flu causing virus, having the vaccination helps to blunt the symptoms of the flu.

Second only in importance to getting the vaccination is where residents are immunized. The Braintree Health Department immunizes residents in elderly housing, senior centers as well as in their homes. School children are immunized within their schools so as not to disrupt working parent’s busy schedules yet ensuring their children are protected. Public clinics are held in the town hall on weekends, during the week as well as in the evening to accommodate all work schedules. The goal of the Braintree Health Department flu program is to immunize as many residents as possible each year. Medicare and insurance companies are charged for immunizations given at the clinics and all funds received are deposited into an immunization account to fund the program for the following year. There is never an out of pocket expense at these clinics and no resident is ever turned away regardless of insurance status.

When the **Get Your Flu Shot** campaigns begin, **get** your flu shot and support your town programs by attending the public health clinics. It is about all the public’s health!

From the Recycling Dept.....



Let’s not hurt recycling...recycling matters!

Your help is needed to make recycling matter! By recycling properly, you help materials get to their next best use, which in turn saves tons of raw materials, time, energy and expense. Many times there are unacceptable items within a recycling cart that make an entire truckload unacceptable at the processing plant. Plastic bags, food waste, foam cups and containers, and pet waste cannot be recycled. You have the power to make Braintree’s *Recycling Matter!*

Do you know that 69% of plastic bottles do not get recycled and, 45% of cans end up in the trash? Liquids often spoil an entire load of otherwise recyclable paper.

Why recycle? Plastic bottles turn into clothing, aluminum cans can turn into new ones in just 60 days, and newspapers become cereal boxes. Also, recycling 1 can saves enough energy to run a TV for 2 hours, power a 14 watt bulb for 20 hours and power a computer for 3 hours. Remember to recycle all bottles, cans and paper; keep items clean and dry; and no plastic bags.

Think of the difference just one person can make, then imagine the impact an entire community could have by recycling correctly...In Braintree, recycling matters!

Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores, some Medical Facilities and on line at the Town of Braintree web-page:
www.townofbraintreegov.org

Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations and thanks all who have donated to our great programs!

Thank you to Dalton Water/Braintree for their very generous donation of spring water to the Senior Center

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

Place
Stamp
Here



Please recycle!

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation - both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities. Our Veteran Agent, Richard Walsh, now at this location (781-794-8217). www.townofbraintreegov.org

For information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear “Friends”.....Continuing, we are printing an edited version of **“The Three Pillars of Care – Add Up to One Impossible Job”**, written by Anne Tumlinson.

Pillar 3: Legal and Logistical Arrangements

But, as if that’s not enough, there’s a third category of work for you. Wha...? Yep, you, your parent, and your other siblings, family, etc. all have to decide who controls money, who makes health care decisions, and what the health care decisions will be - Ideally, IN ADVANCE OF HAVING TO MAKE THEM. Otherwise, some 30- year-old intern is going to break your (or your 90-year-old mother’s) ribs resuscitating her.

Moving On From Here....

So, as you are sacrificing your sanity and life, just know that the three pillars of parental care represent one enormously complicated, even impossible, job. That’s why it gets the “very hard professor” classification. Your efforts are nothing short of heroic. It’s not possible to do it well. And, yet you will still feel terrible about it.

NOTE.....To celebrate **“Italian Heritage Month”** in style, send your check for **\$25** to the COA Assoc., 71 Cleveland Avenue, Braintree, MA 02184, to reserve your seat at the **“Italian Feast”**, scheduled for **Mon., October 5th**, from **5:00-7:00 p.m.** at the senior center. Includes great entertainment! This is our only fundraiser, & the feast is being prepared on-premises by superb Italian chefs!

Best wishes!
The Friends

